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The Record.

Muhlenberg County
Is rich in coal, iron, and pottery clay, etc., and the most inviting field in Kentucky for investment of capital and pluck.

VOL. XII. NO. 43.

GREENVILLE, KY., THURSDAY, DECEMBER 8, 1910.

50c. PER YEAR, IN ADVANCE

Teeth-Preserving Foods.

In all the lessons given on the subject of the preservation of the teeth by the aid of the dentist and the tooth-brush, it is usual to lay stress on the fact that food is the arch-enemy of the teeth. But this is only a partial truth, the opposite of which is quite as true.

It is now fully recognized and taught by good dentists that food-stuffs are very valuable preventives of decay; but they must be the right foods and used in the right way.

Almost all adults, unless they are acutely ill, or hopeless dietetic "cranks," will have included in their daily meals enough of the right sort of food. It is young children who are the principal sufferers from well-meant errors in this respect. There is a strong feeling that the transition from the purely liquid diet of babyhood to the solid diet of adult life should be made very slowly, and that the longer children can be kept on "slops" the less their systems will be taxed. This is a mistake.

When the first teeth make their appearance, it means that they are there to work. If a proper amount of hard foods is provided for them, they will not only work, but will at the same time do a great deal toward keeping themselves clean.

Decay in the teeth is the result of fermented food lodging in every little crack and crevice it can find. Every mouth, however clean and healthy, will always provide the conditions for this fermentation—warmth, moisture, exposure to the air, and the presence of bacteria. These bacteria of the mouth, which are always there, are powerless unless they get this stagnating, fermenting material to work with.

Food may be divided into two types—the soft, clinging, fermentable type, such as soft puddings, bread soaked in milk, and jam, all the things young children get so much on, and the firm and fibrous foods which demand mastication and crushing by the teeth, which thereby automatically cleanse them.

These fibrous foods stimulate mastication and carry the bacteria away, and they at the same time develop the jaws with the exercise so necessary to them. They also remove the sticky masses left by the soft foods, without which the bacteria cannot ferment or form acids.

It is not proposed for a moment that young children should not be allowed to have their bread and milk and all the usual long-established nursery foods, but it is urged that they should also be given enough of the fibrous foods to keep the teeth clean and to exercise the muscles. Give the little one whose first teeth are just through, a piece of crisp toast instead of a lump of doughy bread or biscuit, and let the older children finish up with apples or some other fresh fruit.

A Christmas Present That Means Something.

There is one especially good thing about a Christmas present of The Youth's Companion. It shows that the giver thought enough of you to give you something worth while.

It is easy to choose something costing a great deal more which is absolutely useless, but to choose a present costing only \$1.75 that will provide a long year's entertainment, and the uplifting companionship of the wise and great, is another matter. There is one present however which does just that—The Youth's Companion.

If you want to know whether it is appropriate or welcome, just visit the home of some Companion subscriber on Companion day.

Do not choose any Christmas present until you have examined The Companion. We will send you free sample copies and the beautiful Prospectus for 1911, telling something of how The Companion has recently been enlarged and improved.

The one to whom you give the subscription will receive free all the numbers of 1910 issued after the money is received; also The Companion's Art Calendar for 1911, lithographed in twelve colors and gold. These will be sent to reach

the subscriber Christmas morning, if desired.

You, too, as giver of the subscription, will receive a copy of the Calendar.

THE YOUTH'S COMPANION, 144 Berkeley St., Boston, Mass. New Subscriptions Received at this Office.

Sentence Sermons.

The vices lead by vanity's strings.

To mingle our sorrows is to sweeten them.

Impatience is the worst foe of improvement.

Conscience is often a polite synonym for cowardice.

Many are eating burrs and complaining of life's bread.

Much moonshine goes into pious talks about making sunshine.

You never catch up with a man by trying to get even with him.

Difficulties are often the barnacles that grow on delayed duties.

A dead heart enjoys being a lively conscience—on others' affairs.

Men are known by the good they do rather than the goods they have.

There is a lot of difference between making good and making others good.

The Christian who follows his master cannot fail to find chances to help.

Cherishing hard feelings is an excellent way of making a hard pillow for yourself.

It is no use praying over Greenland's icy mountains as long as you look like a permanent frost.

School books for all grades can be found at the new store of Leslie Hale, and school supplies of all kinds, also.

Rural Telephones.

Mr. Farmer: Make your home as modern for your family as a city residence, and place yourself in a position to get the latest market quotations at any time. This can be accomplished by means of our telephone service, which you and your neighbors can get for a sum that is small compared with the benefits received. Call or address our nearest office or write direct to headquarters, Nashville Tennessee, for information regarding our special "Farmers' Line" rate. If you are not at present enjoying telephone service, we can immediately interest you. Our lines cover the States of Kentucky, Tennessee, Mississippi, Louisiana and the southern portion of Indiana and Illinois.

CUMBERLAND TEL. & TEL. CO. (Incorporated.)

Fresh, smoked and salted meats of all kinds at J. E. Coombs & Co's market.

THE RATE TO CHICAGO REDUCED.

Monon Route Announces New Schedule of Fares One Way and Round Trip.

The Monon Route announces that it will henceforth sell tickets between Louisville and Chicago at \$6 one way, instead of \$8 as formerly, and \$12 round trip, good 30 days returning, instead of \$16. Patrons are offered exceptionally good service by the Monon, which on night trains from Louisville operates Compartment and Drawing-room Pullmans, as well as the usual straight sleeper. The day trains have Parlor and Dining cars, and the very finest modern, new coaches. Inquiries cheerfully answered by E. H. Bacon, D. P. A., Louisville, Ky.

Bulbs of all Kinds in Stock.

Miss Lena Arnold has in stock all kinds of bulbs, and now is the time to begin the cultivation. Following are ready for delivery, and orders taken for others, and prompt delivery guaranteed: Chinese Sacred Lillies, 10c each, 3 for 25; Paper White Narcissus, Grandiflora, 2 for 5c, 30c doz; Roman Hyacinths, Single White, 5c each, 50c doz; Bedding Hyacinths, Dutch, 5c each, 60c doz; Forcing Dutch Hyacinths, 10c each, \$1.00 doz; Tulips, mixed, 20c doz.

BUSINESS LOCALS.

Stair and room corners are kept clean and free from dust by the use of Rockwell's corner dust shield. Roark has them in all finishes. Also has the best stair carpet fastener.

For firstclass livery service, including closed carriages, call on Barbour Head.

Get a set of pneumatic rubber tops for your typewriter keys. Greatest aid to operation of any machine. Roark has them, and you are asked to call for a look.

Wallpaper prices at Roark's are lower than anywhere, and the selections are very complete now.

Miss Lena Arnold would appreciate the favor of your laundry work, and she represents the best plant in this territory.

Have you a ring or other jewelry, some silverware, cane, umbrella or other item that you want engraved? Take it to Roark, and the work will be done quickly, in best manner.

Roark's Store News

Furniture, Moldings, Wall Paper

We carry on our floors and in our warehouses the largest variety of Furniture in Muhlenberg.

If we do not have what you want, we will get it for you. We have factory connections with makers of the finest goods in the country, and through "Our Special Order Department" can supply any exclusive articles at less prices than city stores or mail order houses.

Our Picture and Room Molding-stocks are always complete.

Wallpaper is now a staple article of merchandise, being used all the year round. And we always have full selections, prices 5 cents and up per roll.

Engraving - - - Engraving

One in this part of Kentucky, and we are exclusively prepared to supply individual Name Plates, which we furnish on all outfits without extra cost.

Undertaking and Embalming.

Coffins in White Enamel and Stained Varnish finish; Caskets in White Enamel, Natural Woods, White, Colored and Black Cloth Covered; all-Metallic and Copper lined airtight Caskets; all lengths, and regular, extra and double extra widths.

Steel Grave Vaults of all sizes constantly in stock, for immediate delivery.

Burial Robes, Wrappers, Suits, Dresses, Slippers, etc., in large variety.

Our two licensed Embalmers respond at once to calls for such services.

Our general equipment is complete and of highest grade.

We have a Funeral Car in service, subject to call anywhere.

Two Private Long-Distance Telephones, Store 72; Residence 108.

Residence 150 yards from store.

Prompt service any hour day or night.

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ORLEN L. ROARK, Manager.

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ALBERT J. BOKER, PUBLISHER.

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Very Serious

It is a very serious matter to ask for one medicine and have the wrong one given you. For this reason we urge you in buying to be careful to get the genuine—

THE FORDS BLACK-DRAUGHT Liver Medicine

The reputation of this old, reliable medicine, for constipation, indigestion and liver trouble, is firmly established. It does not irritate other medicines. It is better than others, or it would not be the favorite liver powder, with a larger sale than all others combined.

SOLD IN TOWN

A Bissell carpet sweeper will last longer than 40 corn brooms, costing from \$12 to \$15; the sweepers cost \$3 to \$5.75. See them at Roark's, and have other advantages than the money-saving features explained.

DR. J. W. BARLOW,

DENTIST.

Crown and bridge work done at reasonable prices.

Office on stairs, in the Jones Building, Greenville, Ky.

DR. I. J. SLATON,

Physician and Surgeon.

Office Main-cross street near Mainstreet. 18

CAM HOWARD. MADE H. GRAY.

HOWARD & GRAY,

LAWYERS.

Office in Green Building, opposite LaNeade Hotel.

DR. LOUELLA HELTSLEY,

OSTEOPATH.

Office at Home, East Main-cross Street.

Telephone No. 78.

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Vast Northwest

Two trains daily

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UNION STATION, LOUISVILLE.

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Dining and Parlor Cars.

Palace Drawing Room Sleepers.

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Design Work

Send your order to the Greenhouses in

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All orders given prompt attention

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More than nine out of every

ten cases of rheumatism are

simply rheumatism of the

muscles, due to cold or damp,

or chronic rheumatism. In

such cases no internal treat-

ment is required. The free

application of

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Liniment

is all that is needed and it is cer-

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a trial and see for yourself how

quickly it relieves the pain and

swellings. Price 25c; large size, 50c.

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FOR COUGHS KING OF CURES FOR COLDS

THE WONDER WORKER

FOR THROAT AND LUNGS

DR. KING'S NEW DISCOVERY

FOR COUGHS AND COLDS

PREVENTS PNEUMONIA

I had the most debilitating cough a mortal was ever afflicted with, and my friends expected that when I left my bed it would surely be for my grave. Our doctor pronounced my case incurable, but thanks be to God, four bottles of Dr. King's New Discovery cured me so completely that I am all sound and well.—MRS. EVA UNCAPHER, Grovetown, Ind.

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When your buildings need painting, every day's delay costs you money. The sun, rain, snow and frost are getting in their work. Lumber costs too much to let it decay for want of a little paint.

It costs less to use good paint than to go without it. We use nothing but good paint on our work.

CARTER'S White Lead

Pure Linseed Oil, Pure Turpentine and the most expensive colors

The kind of paint we use never cracks or scales—only years of wear will remove it. Let us figure with you when ready to paint.

We guarantee a first-class and durable job—prices reasonable. Don't put it off.

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Painter and Interior

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Telephone No. 254.



White Sewing Machines, in rotary and vibrator; needles, shuttles, etc. in stock for all machines. ROARK'S STORE.



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has brought relief to thousands of other sick women, so why not to you? For headache, backache, periodical pains, female weakness, many have said it is "the best medicine to take." Try it!

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Save \$75! BY PURCHASING ONE OF OUR FULL BOOKKEEPING COURSE SCHOLARSHIPS

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You ladies, who have pale faces, sallow complexions, dark circles under eyes, drawn features and tired, worn-out expressions, you need a tonic.

The tonic you need is Cardui, the woman's tonic. It is the best tonic for women, because its ingredients are specifically adapted for women's needs. They act on the womanly organs and help to give needed strength and vitality to the worn-out womanly frame.

Cardui is a vegetable medicine. It contains no minerals, no iron, no potassium, no lime, no glycerin, no dangerous, or habit-forming drugs of any kind.

It is perfectly harmless and safe, for young and old to use.

Take CARDUI

The Woman's Tonic

"After my doctor had done all he said he could for me," writes Mrs. Wm. Hilliard, of Mountburg, Ark., "I took Cardui, on the advice of a friend, and it helped me so much. Before taking Cardui, I had suffered from female troubles for five years, but since taking it, I am in good health. I think there is some of the best advice in your book that I ever saw." Your druggist sells Cardui. Try it.

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